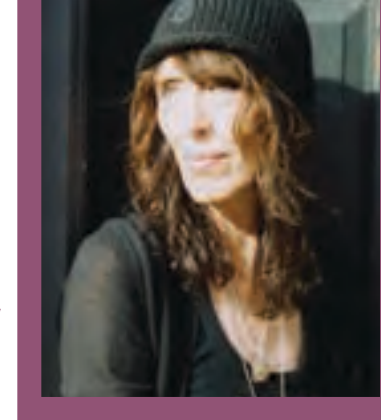


10 MODALITIES WITH CRITICAL MASS

Practices. Protocols. Approaches. Techniques. These are the words movement pioneers reach for when they are trying to describe what they do. Coining a term for a new method gives you the right to teach it your way. Persona. Panache. Mojo. Mystique. We use these terms to grasp at the essence of a mentor's soul. When enough people label a person remarkable, a reputation is earned. Modalities—the catch-all word we use to describe the genre. Some are amorphous processes that invite improvised facilitation, while others have specific moves or techniques that can be codified, memorized, and taught. We've highlighted ten of the largest and most influential that can be found internationally and in most major U.S. cities. We urge you to try them! User-friendly, accessible to most abilities, and non-competitive, these modes invite you into the safe container of community space that encourages movement with an intention towards greater awareness. Dive in! – EDITORS

5Rhythms

» **Gabrielle Roth** birthed an enduring metaphor at Esalen in the 1970s. Looking at life as a series of waves to be moved through is the heart of the practice that has become a model for countless others. Today 5 Rhythms continues to expand and evolve as Roth's son Jonathan Horan carries the torch forward for new generations.



A map that can be easily understood, yet explored for a lifetime, is the essence of this practice. Virtually any music or mood can be categorized under one of the five rhythms: Flowing, Lyrical, Staccato, Chaos, and Stillness. A typical "wave" class may flow through all five in sequence, or intensives may choose one to delve deeper. 5Rhythms is intended as a moving meditation that happens in a group. As such it offers opportunities to access highly emotional or spiritual states—most reliably—ecstatic dance. The palette of music that 5Rhythms facilitators use as a foundation to the journey is as wide and varied as human experience. The teaching style is invitational and encouraging, and complements the work done putting together the soundtrack. Dip a toe in the water or dive in headfirst; there is no "proper" way to do the rhythms.

FIND IT: *5Rhythms is proliferating extensively in the U.S. and around the world. Several hundred people have completed the teacher training and classes are popular in Europe, the UK, South Africa, and Australia. Look for it at hot springs, retreat centers, and yoga studios. www.gabrielleroth.com*



Biodanza

» **Rolando Toro Araneda** once said, "I love, therefore I am." Biodanza (Dance of Life) was his brainchild, a practice he described as "the poetry of human encounter," and rightly so. It is a system designed to heighten the experience of being alive in the here and now.

Biodanza is about encountering yourself and others through movement, dance, physical contact, and sharing. You will connect one-on-one, and with the entire group at once. Physical contact occurs gradually and participants learn how to set boundaries and respect each others' needs for contact and space. Music is a key component, usually organic with real instruments and voices rather than electronic. Some sections may be danced in silence. Biodanza is active and energizing, but by no means a hard-core aerobic workout. Quiet, gentle movements and partner and/or small group practices are common. Biodanza classes have strong spiritual and emotional components and facilitate the expression of five major human potentials: Vitality, Sexuality, Creativity, Affectivity, and Transcendence. Teachers may interpret in individual ways, or offer advanced classes that are not appropriate for beginners. Biodanza classes are typically 15-30 people, but it can be done with two or three participants up to several hundred.

FIND IT: *Over 2,500 people teach Biodanza worldwide, with huge popularity in Europe and South America. Italy alone is home to 40 schools of Biodanza, and an estimated 100,000 people practice regularly worldwide. In the U.S., look for Biodanza on the West Coast, Washington DC, and New York City. www.biodanza.us*

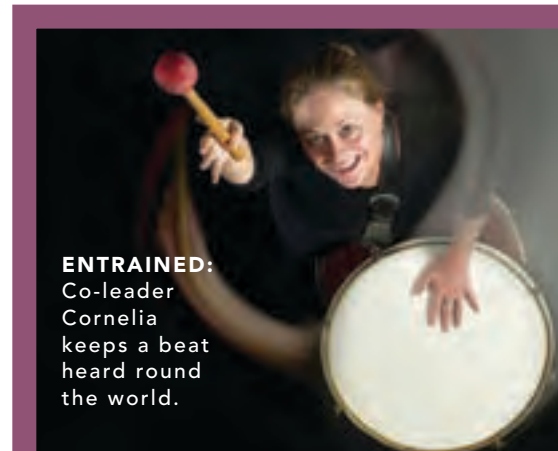
PHOTO: COURTESY OF GABRIELLE ROTH / COURTESY OF BIODANZA / COURTESY OF TAKETINA

TakeTiNa

» **Reinhard Flatischler** was a teenager hitchhiking through Afghanistan when he discovered the magic of entrainment while witnessing Sufi's chanting. Forty years later he and his wife Cornelia continue to refine and expand their innovative rhythm process TaKeTiNa as a tool for personal growth and transformation.

TaKeTiNa is a group rhythm meditation that is an incredibly powerful tool for left/right brain integration. It is conducted in a circle, with two facilitators in the center keeping a steady beat on a large bass drum, and a warbling drone from a *berimbau*, a single-stringed Brazilian instrument. The most important instrument, however, is the human body. The leaders take the group on a rhythm journey that begins with very simple repetitive steps. They then add claps on a different count, and finally add basic sounds on yet another count. The idea is to play with the edge of entrainment and chaos, and integrate the hemispheres of the brain in the process. It sounds like serious work, but in fact, playing with that edge leads to mirth and hilarity. TaKeTiNa is always done in a group, from just a few participants to a hundred or more. Members of the circle may be asked to join hands and send energy around; sometimes pairs or small groups are formed for individual practice and sharing. Described as a process capable of activating human and musical potential through rhythm, TaKeTiNa can be practiced by people of any age or ability. It is also being documented in medical studies as a way to reduce pain and aid recovery.

FIND IT: *Over 200 facilitators are currently certified worldwide, and can be found not only at retreat centers and workshop venues, but also within the medical establishment, often with people with serious pain issues. The Flatischlers operate the International TaKeTiNa Institute in Austria, with sister locations in the U.S. and Australia. www.taketina.com*



ENTRAINED:
Co-leader Cornelia keeps a beat heard round the world.



FLUID INTELLIGENCE:
Emilie Conrad activates
the emerging form.

Continuum

» **Emilie Conrad** revealed the fluid nature of human potential when she founded Continuum in 1967. Her work continues to resonate throughout the worlds of movement.

While living in Haiti, Conrad was deeply fascinated by the wave-like motions she saw in Haitian prayer rituals. “These fluid, undulating movements transcended time, place or culture,” she says, “and provided the crucial connection linking organism to environment as an unbroken whole.” Over the years she explored this motion and developed Continuum. Her ideas are based on the basic tenet that ALL fluids of the body—circulating blood, the tides of cerebrospinal fluid, the pump of the lymph system, the net of membranes, and the swirl of viscera and brain—function as fundamentally ONE undulating stream of intelligence. To activate and harmonize with this intelligence, Continuum utilizes the subtle potency of breath, sound, movement, and sensation. Rather than following a fixed system of postures or formalized exercises that maintain patterned structure without release, the modality’s explorations delve into the play of emerging and dissolving form. This theater of life becomes the source of continuous well-being, wisdom, and imagination. The fruit of Continuum is that in the process of activating the fluid intelligence of our bodies, it is possible to live more vibrant lives.

FIND IT: Continuum events, classes, and workshops can be found throughout the United States, as well as in 12 other major countries from Brazil to Estonia. www.continuummovement.com

InterPlay

» **Cynthia Winton-Henry and Phil Porter** began their collaboration in the Body and Soul dance company in 1979. Three decades of improvisation later they continue to translate the body’s wisdom through practice, play, and performance.



InterPlay’s founders are ambassadors to the body’s innate wisdom. In Porter’s words, “to be a body-intellectual, is to strive to understand and articulate the fullness of physical experience.” For the InterPlay participant, this means simply showing up and engaging with the moment at hand. Interplay is both a philosophy for everyday life and a powerful learning technique. A typical class begins with a warm-up and then moves into InterPlay “forms,” which are simple structures for playing with movement, stories, and voice. Most of the forms involve interaction with at least one or a few other people, and encourage improvisation and interpersonal playtime. The point is that play and work need not be at odds. The genius of InterPlay is that through experiencing ourselves and the outer world with the light-hearted wonder of a child, we can re-align our hearts, minds, wisdom, and bodies as integrated adults, thereby discovering new and valuable ways to work within ourselves and with others.

FIND IT: Over 1,000 graduates of the Life Practice Program lead ongoing classes, special events, “untensive” retreats, life practice programs, and leader trainings in locations across the U.S. and in 50 countries including Australia, Brazil, India, and The Netherlands. www.interplay.org

froth on the wave of evolution

THE TERRITORY BETWEEN MIND AND BODY is an inviting frontier—a place to explore beyond media and technology. Body-centered modalities invite us to encounter nature on its most basic terms, inside ourselves and together with others.

MANY ENERGIES CONTRIBUTE to the field, from modern dance greats—the Grahams and the Cunninghams—to ecstatic dance, which has become a catch-all term with roots in the ancient past. The backdrop of popular forms pouring from the TV is leading to a huge surge of interest in everything dance related. Dance is in the media as never before, and today creatives can push back with their best ideas and the results are instant—flash mobs anyone?

NEW MODALITIES EMERGE from the ever-evolving landscape of culture, and often it is dancers who innovate. Modes are like individual impressions on a universal birthright. There is movement in everyones family tree somewhere, and the forms are as varied as the human race. Each generation has the chance to blend the past with the present, to create what the future will build upon. IT’S A LABOR OF LOVE for all involved, and passion is the driver.

There’s a surge towards movement on the wave of consciousness—the leaders on the crest are inviting us to join the rising tide.

PHOTOS: INTERPLAY; CARLEY ROSIN / COURTESY OF CONTINUUM

a career track with heart—and a wealth of opportunities

When Lora Wilson-Mau was researching graduate schools offering choreography degrees, she came across a dance therapy program and felt as if she’d been struck by lightning. “On a purely intuitive level,” she says, “I knew this was my path. Even though I didn’t know what dance therapy looked like, I knew that dance has always been my therapy.”

Wilson-Mau went on to get her MA in Dance as Healing and Therapy from the University of California, Los Angeles. She completed in-depth training at Kinnections in Rochester, NY, which qualified her for certification in dance/movement therapy, and she now teaches **Nonverbal Communication and MindBody Interaction** at California State University, Long Beach.

With a growing number of dance and somatic therapy programs available, many dancers are being called to these body-centered modes. The work typically involves psychotherapy or counseling (both individual and in families or groups) that uses movement to address people’s emotional, social, cognitive, and physical needs. It is effective for clients of diverse ages, backgrounds, cognitive levels, and physical abilities. Dance therapists and somatic practitioners are

often dance enthusiasts with an interest in well-being and mind-body awareness, and a desire to help and support others.

With the strength of the **American Dance Therapy Association (ADTA)** behind them, students are graduating with viable degrees that HMOs are backing with regularity. Dance/movement therapy is being practiced in mental health, rehabilitation, medical, and educational settings, and in nursing homes, day care centers, disease prevention, and health promotion programs. Wilson-Mau views the ADTA as an important force supporting dance therapists. “Dance has always been inherently healing,” she says, “but the ADTA has organized our profession with strict educational and training standards so that we could begin to gain the respect our profession deserves in the workplace, in educational institutions, and through legislation.”

Donna Newman-Bluestein teaches dance therapy at **Lesley University**, which offers an MA in **Expressive Therapies: Dance Therapy**. “Enrollment in our dance therapy program has nearly doubled in the last year,” she observes. “I believe the field is experiencing rapid growth across the board.”

Other types of somatic/healing degrees

available include body-centered psychotherapy, registered somatic movement educator (RSME) and registered somatic movement therapist (RSMT). All are practices requiring subtlety and sensitivity; each of these methods tunes into people’s needs, emotions, and abilities. They are also surefire ways of making a good living doing what you love, while enriching lives with improved well-being and higher consciousness.

PROFESSIONAL SUPPORT

ADTA American Dance Therapy Association www.adta.org
ATI Alexander Technique International www.ati-net.com
BMCA Body-Mind Centering Association www.bmcassoc.com
IDEA IDEA Health & Fitness Association www.ideafit.com
IEATA International Expressive Arts Therapy Association www.ieata.org
IFF International Feldenkrais Federation www.feldenkrais-method.org
ISMETA International Somatic Movement Education and Therapy Association www.ismeta.org
USABP United States Association for Body Psychotherapy www.usabp.org

Tamalpa Life/Art Process

» **Anna Halprin’s** life and art became one when, as a cancer survivor, she embraced her dance practice as a healing art. Forty years later her daughter Daria and protégée Taira Reistar carry forward the creative movement philosophy born from her transformation.

Tamalpa Institute and its signature process exist to further and evolve the groundbreaking body of work of dance pioneer Anna Halprin. About her midlife confrontation with mortality she says, “Before my illness I lived my life for my art. After my illness, I lived my art for my life.” Over a lifetime, Halprin, who is still actively teaching and leading workshops at age 90, refined her process into a methodology that has been further developed by Daria to form the core of the Tamalpa Institute’s programs. The processes may be done in groups, pairs, or with a practitioner. Using the tools of movement and art to release blockages and foster well-being, a session may involve drawing/painting, dancing, witnessing, journaling, and dialogue. The Institute’s philosophy is reflected in the words of Fritz Perls (the German psychotherapist who coined the term “Gestalt Therapy”), who said, “The healthiest form of projection is art.” Performance and ceremony as a community process are also aspects of the Life/Art Process. The Tamalpa trainings are incorporated into a wide variety of professional practices. Courses in embodied leadership emphasize application of this work in the community. Halprin’s associate teacher Taira Reistar, says “It’s an honor and a calling to be part of the next generation entrusted with bringing this work forward.”

FIND IT: Graduates of the nonprofit Tamalpa Institute apply the process internationally in diverse fields such as therapy, education, health care, organizational development, community service, and the arts. www.tamalpa.org

PHOTO: COURTESY HALPRIN ARCHIVES

THE ARTIST IS IN: “I found a process which enabled me to access my creativity through dance.”





Jazzercise

» **Judi Sheppard Missett** surprised her students in 1969 and asked them to turn away from the mirror. Her "just-for-fun" take on jazz dance became a fitness phenomenon from its humble beginnings in Chicago.

Jazzercise is the first, most common, and most financially successful dance-fitness modality, topping \$94 million in revenue in 2009. Jazzercise offers fitness, fun, community, and livelihood for hundreds of thousands of people from New Orleans to Tokyo. Jazzercise is a 60-minute group fitness class combining cardio, strength, and stretching for a total body workout.

Moves taken from hip hop, yoga, Pilates, jazz dance, kickboxing, and resistance training are fused and bundled into one-hour sessions. Judi's daughter Shanna Missett Nelson serves as President of Jazzercise, Inc., carrying the vision forward into the 21st century. Over the years, the organization has acted upon Judi's philosophy of giving back to the community. Judi and her legion of instructors have raised more than \$26 million for a wide range of charities by leading special large-scale workout classes, performances at major sporting events, and local benefits. Other activities include "Kids Get Fit," a free workout program designed to help school districts promote fitness as a way of life to children; and the "CyberStretch School Giveaway Program," featuring free software that guides users through energizing stretch breaks to reduce tension and the risk of repetitive stress injuries.

FIND IT Jazzercise is an international franchise with over 7,800 licensed instructors worldwide teaching classes in fitness, rec and community centers; dance schools; and senior facilities. www.jazzercise.com

ZUMBA

» **Beto Perez** played a Latin dance tape one day in the '90s at his fitness class in Columbia. He called the resulting madness Rumbacise until he arrived in Miami and met Albert Alonghi and the business-minded Perlman brothers. They branded it Zumba, and the rest is history.

Zumba is a bona-fide dance-fitness craze that has coined the term "fitness-party" and is revolutionizing aerobics. A Zumba class is upbeat and energetic, with some easy moves to follow, lots of pumping music and a party atmosphere. This is less about deep connection with a partner and more about having fun falling in love with your body. Zumba works for small groups or solo with a DVD; it also scales up easily to the huge crowds that take free classes in Manhattan's Times Square. Energy and enthusiasm are the hallmarks of Zumba instructors, who have led the way in introducing dance fitness to the mainstream. Zumba has grown to become a lifestyle brand with a clothing line, DVDs, and *ZLife*, a magazine for teachers and enthusiasts. Gyms and clubs that offer Zumba point to the community atmosphere as a key to member retention.

FIND IT: Zumba is found in over 105 countries with some 60,000 classes being offered by licensed instructors on a regular basis and an estimated 7.5 million people joining the fitness party worldwide. Look for Zumba at gyms, spas, community centers, and athletic clubs. www.zumba.com



JourneyDance

» **Toni Bergins** jumped into the role of facilitator as a natural choice. Years of learning the finer points of yoga, shamanic practice, and Kripalu DansKinetics led to the founding of her own mode in 1997.

JourneyDance springs from the philosophy of the founder, which could be summed up as "Move your body, love your life." Toni Bergins is best described as a live-wire, and her signature practice is a hotline to unlimited energy. A typical class journeys from prayer to celebration on a foundation of music to match. Bergins often teams up and travels with DJ Root (Root Cuthbertson) and encourages her trainees to collaborate with DJs as well. Every session is an invitation to move, often beginning by tuning the chakras, guided imagery, and affirmations. High energy dance is always a good part of the journey, as well as exercises that foster interaction and creativity. This practice is relevant to the entire waveform of human experience and is in alignment with personal growth and development, relationship building, and consciousness expansion. JourneyDance can be experienced in a fitness class format, weekend workshops, or week-long retreats. The idea is to leave the dance floor glowing.

FIND IT Classes, retreats, and teacher trainings throughout the U.S., especially on the East Coast, but spreading westward. Bergins is a regular at Kripalu, Omega, and Esalen, and more than 200 certified teachers offer classes across the country. www.journeydance.com

PHOTOS: COURTESY OF JAZZERCISE / COURTESY OF ZUMBA / WWW.NICAROBINSON.COM

Nia

» **Debbie Rosas Stewart & Carlos Rosas** took off their shoes in 1983, at the height of the "no pain, no gain" aerobics era, and blazed a path to glory. What was once an acronym for Neuromuscular Integrative Action is now a noun that stands for full-spectrum fitness fun.

Nia blends nine movement forms from dance arts, martial arts, and healing arts, in an approach aimed at changing bodies and lives through the sensations of pleasure and joy. Nia classes offer a fun, exhilarating, expressive mind-body conditioning and healing experience. Practiced barefoot to music, a typical session includes dance moves mixed with heart-pumping kicks and punches, vocalizations, FreeDance, floorwork, and stretching, all designed to heighten conditioning, body awareness, and sensory IQ. Dynamic music, colorful imagery, and movement variety fires creativity, keeping your body stimulated and your mind and spirit in "The Now." Classes are open to all ages and fitness levels, and you are invited to move in your own way and at your own intensity level, adapting the choreography to your body. Nia's 52 Moves provide the foundation for all choreography, and while many people focus on technical mastery, no previous experience or skill level is required to have a fun, effective, and enjoyable experience. For those wishing to go deeper, Nia personal and professional training is available, following the traditional martial arts model by moving students through progressive levels of education, from White Belt through First Degree Black Belt.



THE FOUNDERS: Debbie and Carlos are tireless advocates for the joy of movement.

PHOTO: COURTESY OF NIANOW.COM

FIND IT: Nia is booming, with classes in 45 countries and featured in 750 publications worldwide. Enjoy Nia in venues ranging from gyms and dance studios to hospitals and senior centers to schools, summer camps, and even corporate wellness programs. Over 7,500 teachers have been trained to date, and an estimated 500,000 people attend Nia classes regularly. www.nianow.com

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in all directions and
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the present moment.

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Gabrielle Roth's 5Rhythms
Medicine Dance
with Jonathan Horan

Nosara, Costa Rica
February 12th - 19th, 2011
Contact Amber: tribalfive@gmail.com

blue spirit

Photo: Michael Julian Berz

MODALITIES FROM A-Z



CONSCIOUS DANCER MAGAZINE is dedicated to building awareness about the benefits of movement. We gathered together 100 ways to say "Be Here Now" with your body. Some date back to antiquity, others are brand new—all of them are relevant. There's an entry point here for everyone; what will you try next?

AcroYoga A blend of yoga, acrobatics, and Thai massage conceived by Jason Nemer and Jenny Sauer Klein. A practice of trust and playfulness popular at ecstatic dances.

Action Theater Improvisational theater training and performance method founded by Ruth Zaporah. Embodied exercises lead to spontaneous and artful communication.

Afro-Energy Dance Well-established in Taiwan, this form created by Chandra Barbagallo is an ecstatic blend of drumming, dancing, and group energy work.

AfroFlow Yoga Debbie Steingesser's union of Hatha yoga and traditional West African dance. An exploration of self through dance, live drumming, chanting, and meditation.

Alexander Technique Australian actor F.M. Alexander developed this technique for creating balance in the relationship between neck and head. A simple and practical method that changes everyday habits to improve freedom of movement.

AlivEmotion Rhonda Clarke's programs and concerts awaken and heal through dance and music. Based in Alberta, Canada, with programs that include children and teens.

Aston Kinetics Forms of movement, bodywork, and fitness developed by somatic pioneer Judith Aston. Includes education for daily activities and specialized trainings in Pilates, yoga, golf, music, and more.

Authentic Movement A self-directed form developed by dance therapy pioneer Mary Starks Whitehouse in the 1950s. Involves gaining access and giving creative expression to the inner life through movement, drawing, processing, and witnessing.

Bar Method A body sculpting workout regimen created by former journalist Burr Leonard. Based on the pioneering work of Lotte Berk.

Bartenieff Fundamentals An extension of Laban Movement Analysis developed by Irmgard Bartenieff. Exercises that apply Laban's movement theory to the functioning of the human body in motion.

BeachDance Synchronized iPods are the key to this ecstatic dance innovation led by Lisa Evans on the shores of Cannon Beach, Oregon. Free dancing in sand, sun, and surf to playlists provided in advance.

Bellyfit A fusion-fitness experience created by Vancouver-based Alice Bracegirdle that embrace elements of Pilates, yoga, and meditation practices. Combines Western style cardio with dances from India, Asia, and Africa.

Bikram Yoga Also known as "hot yoga," the system developed by Bikram Choudhury is practiced in a room heated to 105 degrees. A strenuous practice of 26 standardized postures.

Biodanza See story on page 19.

Body-Mind Centering An influential process of creative embodiment developed by Bonnie Bainbridge Cohen. Hands-on re-patterning and movement education principles are complementary to virtually any movement modality.

Body NVC A movement and awareness technique in which the body's spontaneous movements are connected to feelings and desires. Based on Marshall Rosenberg's nonviolent communication work during the Civil Rights Movement.

Body of Sound A playful journey into rhythm, voice, and movement developed by San Francisco based Alyssa de Caro. Elements of body percussion, vocal toning, Contact Improvisation, and Balinese kecak (monkey chants) are used.

Body Tales The work of Olivia Corson and Lysa Castro evokes meaningful personal stories through intuitive movement, spoken word, and supportive witnessing.

Boogie Box Fitness Created by dancer and choreographer Dede Barbanti, this is an intense workout for athletic training.

BreathExperience Middendorf breath work is a gentle somatic practice that develops the theme of letting the breath come and go on its own accord.

Breema A protocol of over 300 self and partner exercises that bear resemblance to both Thai massage and Contact Improvisation. Jon Schreiber's system of nine principles of harmony applies to all aspects of life.

Chakradance Australians Natalie Southgate and Douglas Channing use music and high-energy dance as the energetic gateway to the seven major chakras of the body.

Conscious Movement Holistic package offered by fitness giant Equinox. Includes diverse modules such as Inten-Sati, Budokan, Animal Moves, and Power-Nap.

Contact Improvisation This internationally practiced open source modality was originated by Steve Paxton and Nancy Stark-Smith.

Continuum See story on page 20.

Core Connexion An approach to dance as movement meditation and healing art developed by mentor Eva Vigran. This innovative practice leads to creative expression from the core through connection to body, breath, and sensation.

Dance of Liberation Blindfolds are used in the shamanic tradition to allow inner creativity to break free. Parashakti created this form to free emotional, mental, and spiritual blockages through ritual dance.

Dance Your Bliss A lighthearted approach to body-centered expressive therapy created by SF-based Rachel Fleischman. Music, movement, and vocalization complement creative art making and journaling.

DanceMeditation An integrated movement meditation system that is offered both as a personal path and a dynamic community process. Founder Dunya Dianne McPherson cultivates embodied awareness using the premise that the body is spiritual intelligence.

Dances of Universal Peace First developed by Sufi teacher Samuel Lewis as a path toward peace through the arts. Selections from a library of more than 3,000 traditional folk and circle dances from all cultures are explored at weekly gatherings worldwide.

Dancing Freedom A form of full-spectrum manifestation through movement created by West Coast facilitator Samantha Sweetwater. Soul-activating dance journeys, workshops, and retreats with music that is fresh and diverse.

Dancing with Pain Natural healing and holistic pain management through dance. Journalist and writer Loolwa Khazzoom developed this method based on the amazing results she received through dancing during her search for relief from pain.

Danyasa A flowing movement practice created by Costa Rica retreat Bamboo YogaPlay founder Sofiah Thom. Unites the rejuvenating essence of Vinyasa with the uplifting energy of dance.

DolphinDance An aquatic and sub-aquatic exploration developed by Lollia Cangemi for partners or "pods." Nose-clips offer the safety to dive into the ecstatic three-dimensional universe of the undersea dolphin universe.

Exuberant Animal Functional fitness that promotes physical happiness. Play-based exercise created by Frank Forencich.

5Rhythms See story on page 19.

Fire Dancing Any form of body-centered movement that involves manipulation of flaming wicks.

Taira Reistar doing Life/Art Process floorwork with a student.

Feldenkrais The methods of Moshe Feldenkrais guide people of all abilities through precisely structured movement explorations. The active expression is called Awareness Through Movement.

Flow Arts A catch-all term for various spinning modalities such as Maori poi and staff work.

Groove Method Modern high-energy music workout created by Canadians Misty Tripoli and Mélanie Guertin.

Gyrotonic Expansion System Romanian ballet dancer Juliu Horvath devised this system in response to his own injuries. Gyrotonics is done on specialized equipment and Gyrokinesis takes place on mats.

Hellerwork A system of somatic education that follows Ida Rolf's lineage of Structural Integration. Joseph Heller based his interpretation on the inseparability of body, mind, and spirit.

Hoop Dance The general term for all forms of hula hooping. Hoops are used for performance, meditation, and fitness. Teacher trainings and workshops are offered by Hoopnotica, HeroHoops, Hoopgirl, and many more.

I Am Body A living full-spectrum approach to fitness arts that integrates awareness and movement created by Portland-based teacher and coach Siere Munro.

Ideokinesis Lulu Sweigart and Barbara Clark evolved the work of their teacher Mabel Elsworth Todd into this protocol popular with dance professionals. Somatic approach involves sustained mental focus on imagined actions.

Integral Transformativ Practice Conceived by human potential pioneer George Leonard and Esalen Institute founder Michael Murphy, this long-term program effects positive change through a series of body-mind-spirit exercises and other daily practices.

InterPlay See story on page 20.

Jazzercise See story on page 22.

JourneyDance See story on page 22.

Kijo A comprehensive mind-body fitness program designed by Shelly Ross. It includes interval, strength, and core training; creative and spontaneous movement; balance; alignment; and floor work.

Kinetic Awareness A guided experiential study of the fundamentals of human movement created by dancer-choreographer Elaine Summers. Relies on inflatables and is also known as The Ball Work.

Kivo Connection with the kinetic voice is the intention behind the spirited practice developed by musician-dancer Lis Addison. Ecstatic circles of heart-opening dance, movement, and rhythmic body chants.

Kundalini Dance Shamanic ritual-dance created by Australian Leyolah Antara Dekanic. Often led by facilitator-DJ duos, this deeply transformative and sometimes cathartic experience is popular in Canada and on the festival circuit.

Laban Movement Analysis A vocabulary and analytic framework for the description of human movement originally devised by Rudolf Laban. The work is applied in diverse fields such as health care, the performing arts, sports, and education.

Laughter Yoga This uproarious approach to yoga developed by the "Giggle Guru" Dr. Madan Kataria in India is an international sensation. Fans have launched over 6,000 free laughter clubs in 60 countries.

Let Your Yoga Dance An exuberant form of yoga and breath-based movement practice developed by Kripalu senior trainer Megha Nancy Buttenheim. Powerful moves in an atmosphere of levity.

Life/Art Process See story on pg. 21.

LivingDance A unique approach to dance/movement therapy created by seasoned therapist Danielle Fraenkel at the Kinnections center in Rochester, NY. Uses natural elements of dance for self-confidence and creative discovery.

Lomi Lomi A Hawaiian "dance of massage" originally translated to Westerners by native healer Auntie Margaret Machado. Original apprentice Tamara Conlan Mon-dragon carries on the tradition.

Lotte Berk Method Lydia Bach carries on the work of German ballet dancer Lotte Berk. Polyamorous before her time, Berk chose provocative names like "The French Lavatory" and "The Prostitute" for her exercises. This bar method predecessor has similarities to Pilates and yoga.

Matrix Energetics A form of energy work using somatic techniques and quantum healing frequencies developed by Dr. Richard Bartlett.

Medicine Dance The work of Fred Sugarman at UCLA explores inner-directed movement for healing. Open classes are offered, and a current academic study is focusing on the well-being of breast cancer survivors.

Nalini Method A dynamic workout with Eastern influences created by Rupa Mehta. One energetic aspect is Nalinimetrics, an active dance form.

Natural Rhythms A program for cultivating the wisdom found in the core forces of creation developed by coach and author Lisa Michaels.

Nia See story on page 23.

NurtureDance Safe connections are formed through touch with this contact-friendly form developed by Ken Martini aka DJ Deepflow

Pilates The core fitness program of Joseph Pilates began at the turn of the century with NY City Ballet members as test subjects. Today over ten million people practice worldwide.

Prana Flow The energetic living vinyasa of yoga phenomenon Shiva Rea. Students are empowered to experience prana as the navigating source of vital living.

Psycho-Physical Therapy Movement innovator Bill Bowen's approach to body-centered psychotherapy enhances awareness and well-being through somatic resourcing.

Pure Barre Created by dancer, choreographer, and fitness guru Carrie Rezakabek. A complete full-body workout with elements of ballet, Pilates, and resistance training.

Rolfing Movement Integration The system of Ida Rolf restores structure by changing the movement habits that perpetuate imbalance. Also known as Rolfing Structural Integration.

Rosen Method Created over the course of 50 years of practice by somatic innovator Marion Rosen. Bodywork and movement aimed at creating more space for effortless breathing and graceful living.

AcroYoga is always a favorite at Movement Play in Willits, CA.

